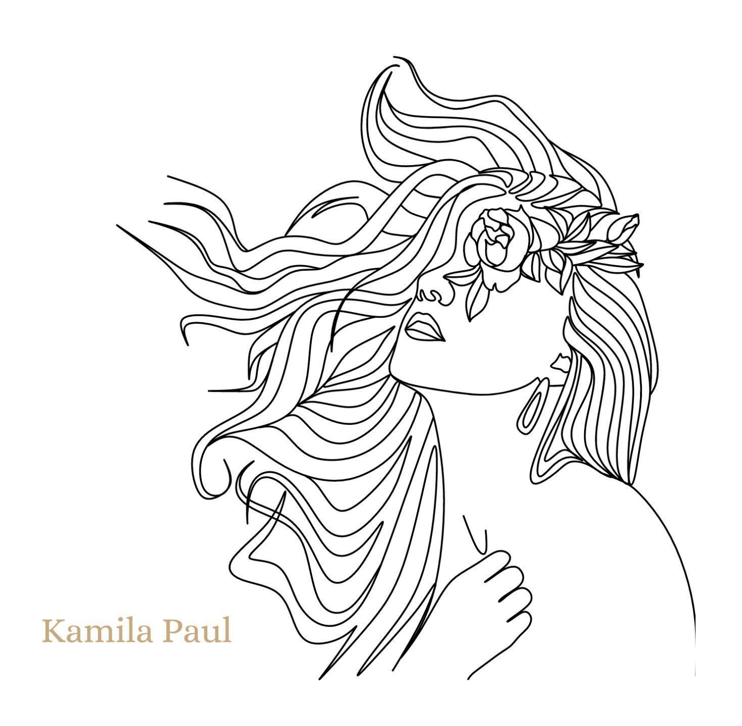
The Words I Never Said



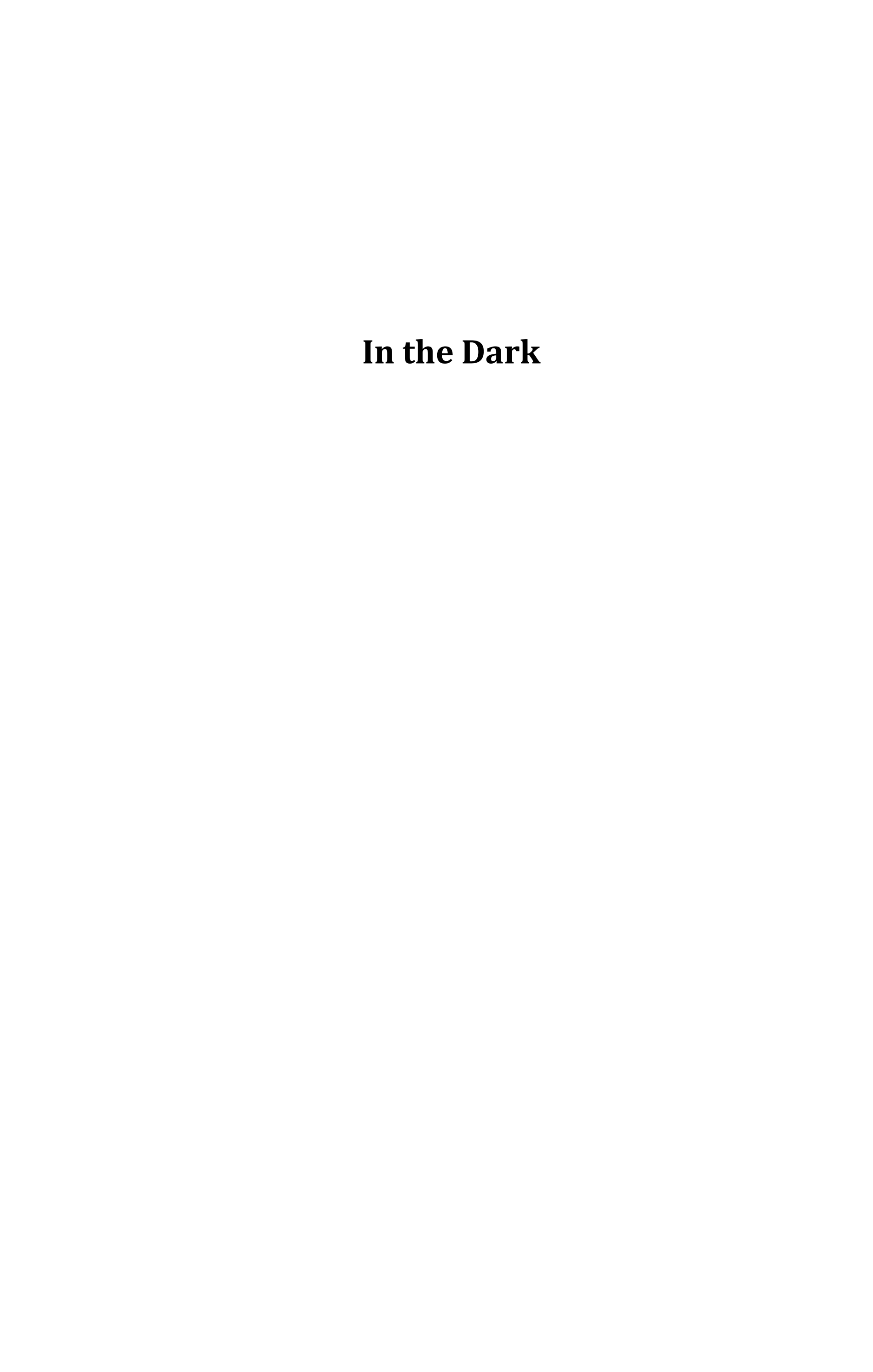
Kamila Paul

Dedication

To all those who feel lost
You’re not alone

There are many words
I never said
for most
wouldn't understand

Contents



In the Dark

how come yesterday i loved my life
and today i barely survive
what changed in the short span of time

i have everything
but i have no one

there was a time in my life
i didn't see the light
it was pitch dark
only one way out
fast forward
years went by
i survived
if only i didn't waste time waiting
for something to happen
i made changes
and my life improved
now i'm happy
most of the time
the bad times still come
but the difference is
i know they'll pass

i'm hurting more than i'm laughing
breaking more than blossoming
wilting more with each day

take it easy on me
can’t you see
i’m breaking

an old body
young looking
spider webs concealed by collagen
cracking sounds in my joints
endless pain hiding behind the flashy smile
fatigue engraved on my face
must not have slept well they say
nobody sees my body breaking
invisible on the outside
unbelievable when said out loud
welcome to my life

there's redness in my eyes
no tears were cried
it's the sadness
showing itself to you
because i fear bothering you

this world wasn’t made for me
there’s so much bad
too little good
my heart struggles to deal with that

loneliness kills me slowly
locked myself away
kissed the key farewell
four walls surrounding me
inching closer by the day
till they bury me beneath

the worst pain i ever felt
was feeling unloved

became strong through hell
a thin line
between solitude and loneliness
having no one but myself
it tears me apart
mostly i’m fine
still get lonely at times
my heart shatters
and hurts unlike anything else
i wouldn’t wish you that
whoever knows how it feels
has walked through hell and back
survived and came out stronger
but a price was paid
one we’ll never get back

the second i opened my eyes
i knew
dropping the toothbrush
i knew
i pushed the tears back
by the time i made it to the kitchen
it was too late
i dropped to the floor
tears coming in waterfalls
heart hurting
body shaking
the need to scream
but no sound comes out
laying on the cold kitchen floor
wishing to be held
it passed
pulled myself together
and got on with my life
like it never happened

it takes practice
to breathe through the trembles
gasping for air
the hardest task
to keep quiet
through the body-shaking cries
making sure nobody hears
your breaking heart
crying unwinds your aching heart
you have every right
to let the tears out

hate feeling stuck
been waiting for an eternity
still at the beginning
life gets tough
but the good times
come around

sad
it's okay to feel this way
let it come
let it go
there's a purpose
a need hiding beneath
that's not being fulfilled
and it's up to you
to fill the void

have you ever stopped and thought
what is the meaning of life
when we didn't get to choose
in the first place

never enough time
giving up sleep to get ahead
crashing down
needing rest

struggling to slow down
there's so much on my mind
places to be
things to get done
it’s becoming too much

my mind keeps running
never stopping
exhausting

all i want
seems so far away
no matter what i do
it only seems further
i wonder if one day
i'll reach that
which seems unreachable

don't pity me for having no friends
i chose to cut off the fakes
nobody's left
but for the first time in my life
i found peace

an old soul
in a young body
with troubles
that shouldn't exist

don't want to be here
might be enough for some
but not for me
i need change
start again
far away
see the world
and find my place

loneliness
the feeling i know the best
whether alone or in company
put on a fake smile
the mask falls off
the moment i'm out of sight
pretending to fit in
turned me into
the worst version of myself
just to entertain fake friends
while i lost the real ones
got rid of everyone in time
now completely alone
slowly found my way back
to the true me
i still get lonely
but it's a loneliness i can take

life gets tough
but good times come around

do you ever wonder
whether you're on the wrong journey
whether you're running behind
nobody walked your path before
so how could you be
everyone's path is different
never let outside influences
make you feel bad
about the way you lead your life
you're doing great
you'll arrive at the end line

what is the point of living
when you feel unfulfilled
why is everything so out of reach
why am i still here
i'm not happy nor unhappy
i'm just feel-less

kind people are the rarest
you wouldn't blame me
if you knew
if you felt
if you lived
through what i have
you wouldn't blame me
for not trusting
for keeping my distance
you would understand
why i don't let anyone in
why i have trust issues
why i avoid humans altogether
some of the nicest people i’ve met
were strangers
it wasn't the people
i called family and friends
they hurt me the most

i lay curled up in bed
tears streaming down my face
loneliness is back again
all i think about
are the people around the world
feeling the same
if only we could connect
hold each other up
and make the world a kinder place

we all struggle
some more than others
some are on their own
some have a support system
but we all have to push through
to see the good times again

i wish i wasn't alone all the time
i wish i had someone
to hold me in the dark

grew up having no idea
what boundaries are
was the cause of
so much disappointment

i lost so much
trying to please everyone
never pleased myself
thought boundaries were just a word
now i know the importance they hold
they exist to protect me
and those around me
they are necessary
for healthy relationships
set them
enforce them
never omit them

if you asked me why i’m still alive
i would say
“i don’t want to hurt anyone”
at times i wish to disappear
i have no selfish reason to stay alive
i just exist
that's what's expected
nothing brings me happiness
no one makes me want to stay
so i just wait for death to claim me

why am in this world
i truly don't know
a lot of time has passed
i still haven't figured out
what and who’s worth living for
sometimes i wish for the end
i wish to give my life to someone
someone who could use it for better
that's how i feel today
tomorrow
i might feel differently

nobody understands
why i want to leave my hometown
i was betrayed by the people around
everything here brings back the past
i want to run somewhere far
i need a fresh start
in a language that's not mine

we cursed ourselves
we're the generations
that need healing
from what others did to us
but also from what we did to ourselves
we overfill our brains with advancements
that lead to judgement and comparison
but despair’s all we end up with

i have happy moments
but i'm not happy
i'm lacking something
something more
something bigger
something different
something humane
i lack someone
who'd put me at ease

i have a ‘’perfection’’ setting on
that's how i expect life to be
it has been anything but
i've felt more pain
in my early days
than i thought i would
in my whole life

feeling so alone in this pain
like nobody could understand
i doubt it’s real
nobody sees through the pretence
learnt to fake it so well

the meadow isn’t what it used to be
it’s filled with bees
waiting to sting its next victim

wish i could slow down
keeping myself occupied
impossible to get any work done
looking for ways out
depression’s creeping in
sleep’s my only redemption

i miss the world
cities piling up on my list
filling up my head space
while i’m stuck where i am

i'm done waiting
for something to happen
it won't happen on its own
i got too comfortable
to get where my dreams await
that requires hard work

you have no idea
what fatigue feels like
unless you do
existing is taking all my energy
willing my eyes to stay open
so much goes into managing the pain
running through my body
you'll never understand
unless you do

when the world becomes quiet
my heart comes to life
till my thoughts begin to haunt me
reminding me of the pain i buried

i’m sorry if i’m moody
i haven’t been doing well lately
life got to me
goals unachieved
plans fell through
thought i’d get somewhere by now
but i’m still at the starting line

feeling like a failure
i’ve let everyone down
including myself
i’m no good
at what i thought i’d be
i’m sorry for failing you
i failed myself too

there’s something on my mind
something unsettling
won’t let me leave
tugs me back in
how do i deal
when i don’t know
what i’m dealing with

i feel the loneliest
when surrounded by strangers
and
when i miss the one
who holds my heart
but we are a world apart

Love

i get infatuated with bodies
but only fall in love with souls

in a world that's full of chaos
in you i find peace

tears in my eyes
a hole in my chest
one question in mind
why aren't you here

i can't sleep
i wish for a lullaby
kiss me goodnight
before turning off the lights
kiss me again in the morning
that's all i ask for

we might be under the same sky
but mine is dark while yours is light
you'll never catch up with me
from where you are
you're running behind
now mine is light and yours is dark
i'm ahead of your time

and one day
out of nowhere you disappeared
walked out of my life
like you've never been here
left a broken heart behind
mine not yours
you go on as if nothing happened
like there was no ''us''
left me alone with the pain
confused by your actions
thought i knew you
you were a liar
it was all pretend
glad you left
i'd rather deal
with a broken heart for a while
than waste my whole life
i'll hold the door for you
won't beg you
i deserve to be loved right
you can't do that
that's fine
but don't take up space
because someone can
and someone will

no proof of love
it’s hard to know
whether you’re loved
when there’s
no action
no words
no nothing

you rarely said it
rarely showed it
can’t blame me
for not believing
you loved me

never loved
gave up
i lost hope
in all love

i wish we could turn back time
meet new people like in the old times
instead of staring at our phones
just look around and talk
face to face
not like now
they lie in everything they write
send photos nobody wants
and when you meet them
they’re not who they said

sometimes i think back to
all those people i used to date
i used to feel like a failure
when things didn't work out
but looking back i understand
you felt safe
could finally be myself
but i was afraid
took long to understand
what the problem was
i'm ready to communicate
ready to fight for the next

about you i daydream
the person i need
i wish you were here

humans need love to thrive
i wish someone loved me right
hugged me and held me tight
at times like these
when i'm falling apart in the dark
fighting to keep it together in the light
haven't i suffered enough

how do you find love
in the modern world
with everyone staring at a lit screen
their minds wandering
comparing and judging
that's what we created
with those editing apps
and eating disorders on display
we’ll bring the end to ourselves
before global warming gets a chance

in a world that never stops
you are my stopwatch

slit wrists
rushed into the ER
followed by a psych ward
shaky breaths
a racing heart
you never gave up
waited till i dropped to the ground
grabbed me and held me tight
for the first time
i let you in
you saved me by loving me

i miss you
i wonder how you're doing
don't get me wrong
i don't want you back
i wish you the best
just far away from me

you haunt my mind
every second of every day
you mean everything to me
while i mean nothing to you
it's lonely
laying alone in bed
wishing you were here
all i want is your company
when the night sets in
and the sun rises

i loved many
not sure any of them loved me

you tore me to pieces
in front of hundreds of strangers
left me broken-hearted
as i knew you would
should’ve seen it coming
should've run away
when i had the chance
now it’s too late

come back to me
i need you
i hate to admit it
i’m breaking into tears
a soulless body reaching for the floor
nobody will find me here
tears slipping down my cheeks
red eyes stinging from the waterfall
cracked lips bleeding pain
you could take that all away
if only you came back

sitting in nature
watching the greenery
breeze playing with my hair
there's nothing but emptiness
something's missing
and that something is you
only you can lift
the heaviness from my chest
and fill the hole
where my heart used to be

let's keep going
till we forget
what we left behind

i’m still in love
you're so far
never loved me
not even once

i wish you could see my brokenness
and love me even more
for the scars
on my body and my soul

i wish i wasn't always alone
i might enjoy it
most of the time
but deep down
i'm lonely
so where are you
where are you when i need you
you're supposed to be here
and prevent my tears

how do you meet your person
when you don't leave the house
when you don't have any friends
when you hate dating apps
all i get is spam from people
who believe i'm interested
only to unveil they're after
something i'm not offering
i don't want compliments
based on looks
i want compliments
based on personality
but for that you’d have to
get to know me

tears gathering in my eyes
i’m missing you again
an image of you in my head
don’t even know you
nor if you exist
i lost all faith
you’re just a delusion
did somebody curse me
to be forever lonely
or is somebody out there
waiting for me as well

rain watching
quiet sets in
you wash in
tears begin dropping

pushing your arms away
the moment your breath
finds a steady rhythm
i sneak out of bed at night
only to cry at the thought of losing you
how long do we have left
will i get another night in your arms
or is this the last
the fear of losing your love
scares me like nothing else
so take me with you when you go
i don’t want to stay behind
with a shattered heart
i would take my last breath
and find you anyway

to love to the point of fear
fear of losing you
that’s what i call ‘’real love’’
what would i do
in a world where you don’t exist
i would die from a broken heart

a hug isn’t enough
i need to disappear in someone else
someone who’d hold me tight
make my mind shut up
become one
i don’t want my body today
the thoughts that crowd my mind
the worries that follow me around
take me away
make me forget
just for today

you cloud my mind
you're not even mine
distract me from living my life
appear in every daydream
don't even know i exist
can't help but love you still

i wish you were mine and i yours
we could leave our worlds behind
live our own lives
far from the madding crowds
just us
a simple life

i fear getting used to you
being by my side
i fear you disappearing on me
like you're just a dream
i fear the day i wake up
to you being gone
i fear taking you for granted
as if the moment i do
you'll vanish
and i know losing you
i wouldn't survive

seeing you in my dreams
you're happy
even though
you’re not with me

if you can't love me
with all that’s me
then there's no place
for you in my heart
all i ever asked for
was to be loved right
and you failed that task

just remember
once you lose me
there’s no coming back

i lay awake at night
thinking of you
wondering
whether you think of me too
are you waiting for me
like i'm waiting for you
i wonder how long it’ll be
till we meet
if we ever will

it's hard to sleep
when you keep running
through my mind
your constant presence
leaves marks on my body

Lessons

left the past behind
wish i could turn back time
and change who i've been
do better this time
but i can only change
who i am today
and who i aspire to become

it's exhilarating to have a big heart
a heart that can’t help but spread love
those hearts hurt the most
they're the ones
who get betrayed in return
that's the cost of loving so much

just because
there are parts of me
i don’t love
doesn’t mean
i should change them
i’m working on accepting them
as a part of who i am

how can i be unhappy
with all that i have
happiness isn't in the abundance
of things or people
but in the connection
and the simplest of moments
that’s the secret to a happy life

i wish it didn't take so much pain
to learn all that i have
all that i needed
but i'm grateful for the pain
for it made me who i am today

i got rid of all my friends
instead i work on myself
how sad that i'm happier alone
than i ever was with them

teach me how to live
i want to see the world
learn the lessons
whatever it means
teach me what i need
give and take as you please
i'll withstand every wind
mend and repair
again and again
till i learn
how to live well

the need to overshare
might be your downfall
listen to your mind
don't share too much too soon
they’ll disappear on you at best
at worst they’ll turn on you

when you let them settle in
it's harder to get them out

i wish i listened
when my mind told me
it won't work
i wanted to prove her wrong
she won
gifted me with pain
to learn from my mistake
next time i'll listen

intuition
i'm sorry i don’t listen
when you try to protect me
a price i shall pay
forgive me for turning
to my mind for help

how do i trust after
being betrayed by everyone
got to keep my heart open
to both pain and love

if today is a hard day
don't forget that the sun sets
at the end of each day
and rises again the next
fall asleep and get some rest
gather some energy to deal
eventually things will clear

you don't need anyone's love
but your own
it's not easy
but it's liveable
being happy on your own
is the ultimate goal
somebody else loving you
is an addition
being happy together
is everyone’s wish
but it's better to be alone
and mostly happy
than loved unhealthily

you're the only person
who can't leave you
you can feel like a failure
and give up on yourself
but you can't leave your body
so make sure it's a nice place to live
make sure you give yourself
all that you need
don't rely on others to do it for you
they're busy doing it for themselves
doing it for others comes second

keep becoming
the best version of you
i know it gets hard
but it’s worth it
we need more people like you
those who work hard
to be better for the world around

if sleep is the only peaceful time
you find these days
know that the bad will pass one day
maybe not today or tomorrow
but one day it will

i’ve seen all sides of my heart
the empty and the full
the worst and the best
for a long time
i wished i didn’t feel so much
but after learning
how to live with a heart like mine
i’m grateful
for i see beauty and love in places
many never will

if you met me years ago
you wouldn’t recognize me
i wouldn’t recognize me
i was at my darkest point
the pain caused upon me
ended up spilling from inside me
i caused pain to those around me
i could’ve saved so many
from so much pain
pain caused by me

they say
“heal yourself
before you love someone else”
i did the work
yet remain alone
maybe one day i’ll find love
but it won’t stop me
from being happy solo

depression took years of my life
so much time spent distracting
i wish it didn’t take me so long
to realize i had to pull myself out
of the darkness surrounding
i had to face my fears
and follow my dreams
slowly i became happy
for the first time
i found the real me
now i’m mostly happy
it’s worth it

i don't need a partner
i'm capable and independent
if i allow you into my life
i want you
i choose you
because you make my life better
but i don't need you
never forget that

whenever i can't sleep at night
i write
there's always something on my mind
when sleep won't come

it's important to stop for a while
and live in the present
if only it wasn't so hard
living such busy lives
who has the luxury of stopping right

my trauma and failures
made me who i am
so no i have no regrets

ever since i was a child i heard
you're ugly, fat, stupid, unwanted
i looked in the mirror feeling the shame
covered myself in makeup and clothes
now i see what i should've seen
you damaged me
but you can't destroy me

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